BODY

MARCH 1972

$2.00

QQ

ADULTS ONLY

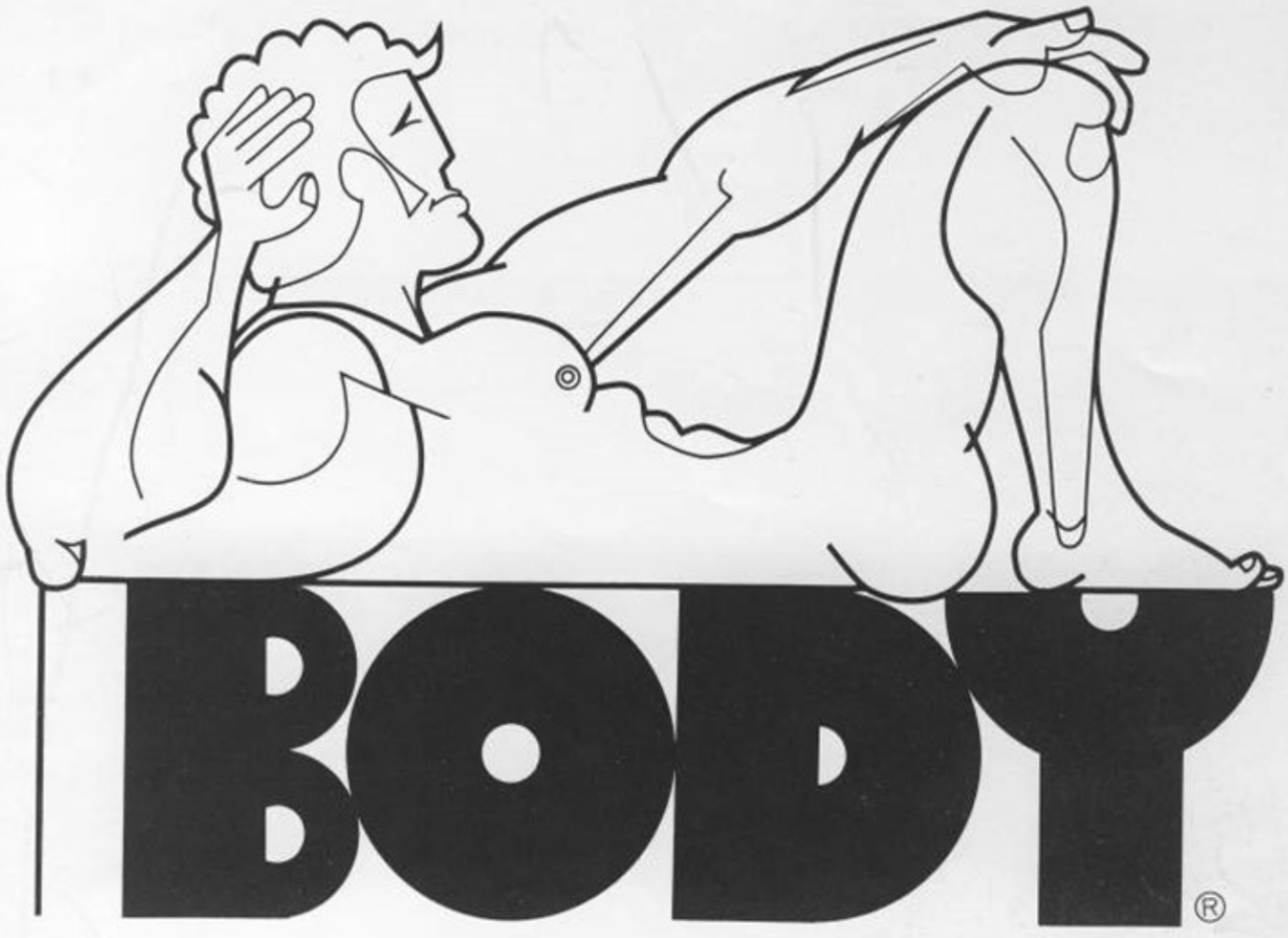
BODY VISITS
A NUDIST CAMP

THE BODY IN LOVE

THE BODY
BEAUTIFUL

THE BODY AT PLAY

BODY PICTURE GALLERY



FEBRUARY/MARCH 1972 VOLUME 1 NUMBER 1

The BODY Beautiful 5
The BODY Clean 6
The BODY Goes to Market 11
The BODY in Love 15
The BODY at Play 18
The BODY Comes to Town 22
The BODY has a Birthday 26
The BODY Bare 32
The BODY Gallery 38

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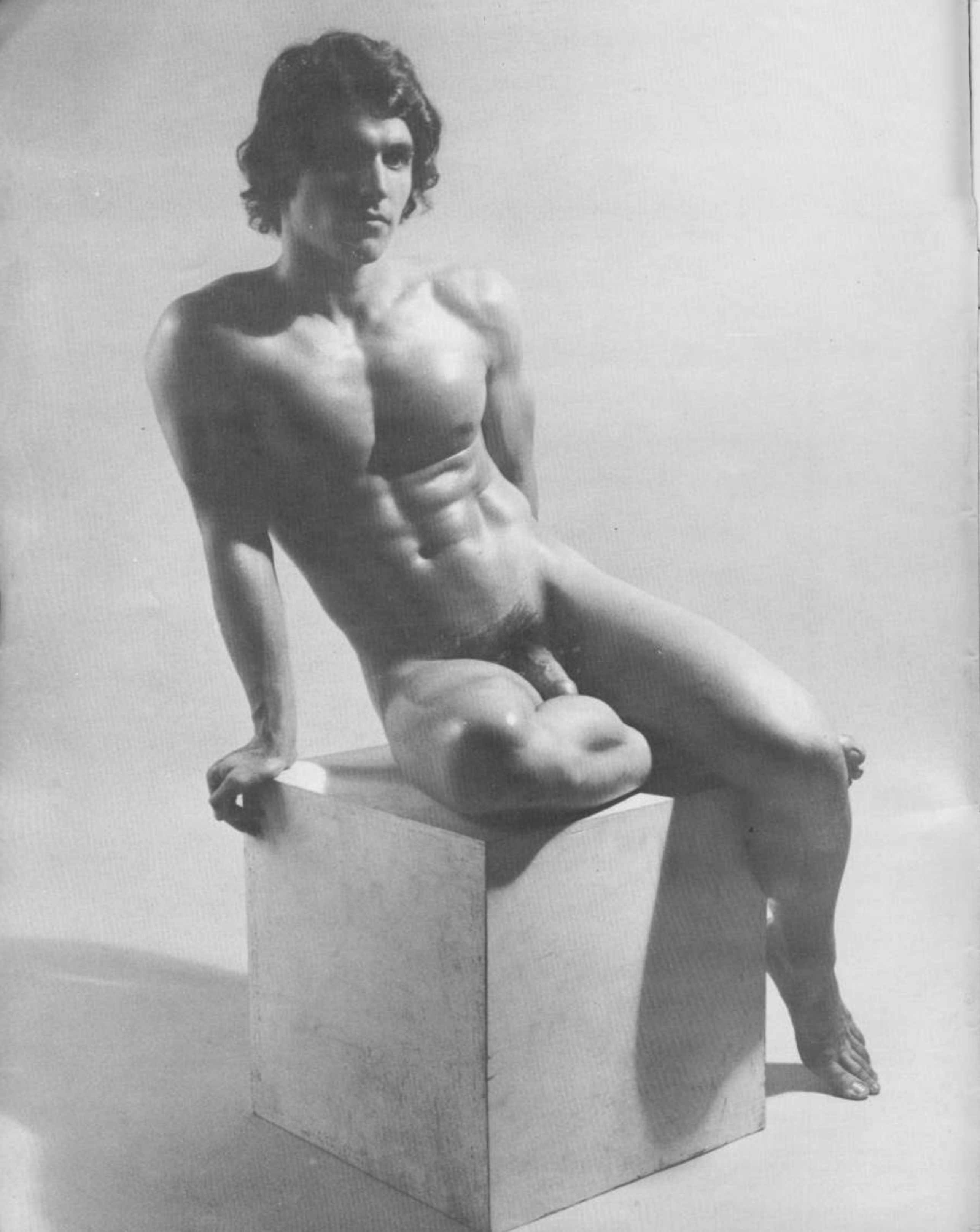

The Body Beautiful

THESE days people are more apt to judge a person's beauty on personality and excuse physical ugliness when it is adorned with long hair and fashionable clothes. Beauty is in fact—more than ever before—in the eye of the beholder.

If there is a "universal type" that turns all gays on it is a guy whose body is built along classic lines as established by centuries of art appreciation, whose face is strong yet gentle, and whose hair style is contemporary. Such types are winners in every crowd and **BODY** knows this. But **BODY** also knows that tastes are as varied as its readers and shall endeavor to present all types in every issue. There will always be something for everyone—and that most definitely includes YOU.

February/March 1972

The Body Clean

IT may be easy to separate the men from the boys—but it's easier to separate the straights from the gays; gay guys keep clean.

True, there are exceptions—especially among gay hippie types who spend too much time marching and too little bathing—but on the whole gay guys respect and care for their bodies. Cleanliness is beneficial to health because washing helps promote skin tone. It also unclogs oily pores which are a cause of pimples. Harmful bacteria is destroyed in and around the folds of an uncircumcised phallus, the anus, and armpits.

Being clean feels good. Gay guys who have sex frequently should wash at least once daily so as not to offend. Some guys groove on strong animal odors—but for most guys B.O. is a turn-off and definitely will not help you win friends and influence people in or out of bed.

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BOOKS
-Rx-
HEALTH

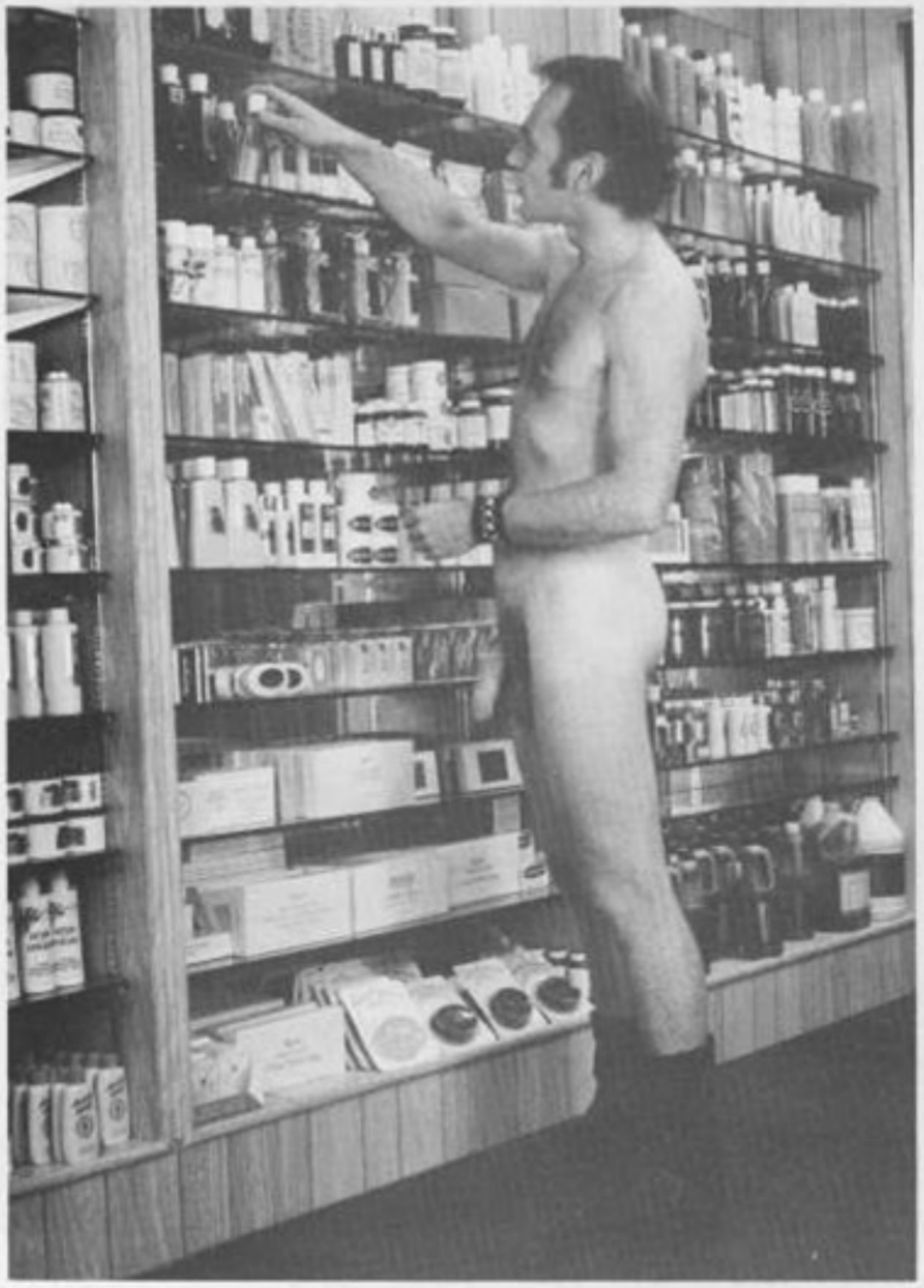
The Body Goes To Market

YOU'VE heard it before . . . and it's true: You are what you eat. Junk foods such as hotdogs and soda pop are fun but shouldn't be eaten regularly. Doing so will deprive your BODY of vital nutrients it must have to sustain muscle tone. Eating properly and a moderate amount of exercise can do wonders in extending a youthful appearance.

Health foods should be included in your diet. Vitamins assure proper utilization of foods but since they are processed out of ordinary foods they should be replaced by taking a daily concentrate. While multiple vitamin tablets provide much of what is necessary to help sustain good health, extra quantities of such vitamins as B (for energy), C (to help prevent colds), and E (for stamina and sexual potency) should also be taken. Moreover, some natural organic foods should be eaten every week—meats and vegetables that contain no chemical properties because they were raised or grown without artificial fertilizers and are not treated with preservatives. By including these foods in your diet you at least minimize harmful chemicals found in ordinary staples.

People are discovering the benefits of eating properly and supplementing their diets with healthful organic foods and concentrates. Health foods stores are everywhere and it is no longer considered foolish to patronize them. The most luxurious health foods store in the world is owned and operated by a former Mr. Eastern America muscle contest winner who is famous for his huge upper arms (over 21" around!). Leroy Colbert has appeared in many muscle movies and has among his

YEAST KELP
FRUIT CONCENTRATE



regular customers many famous sports and show biz celebrities. He himself is proof positive that he practices what he preaches.

The World Health and Sports Center is not patronized only because it is beautifully appointed, but because customers have come to rely on Leroy's sincerity and personal advice. He especially welcomes **BODY** readers to stop by if only for a chat and welcomes out-of-town visitors to take a tour of his fabulous store, what with its network of closed-circuit TV, plush carpeting, indirect lighting, and two floors stocked with every imaginable health product, from organic steaks to barbells. His main store is at 1431 Third Avenue (corner of 81st St.), New York, N. Y. (a smaller branch is at 2320 Broadway, corner of 83rd St.).

You'll be impressed by Leroy and his fabulous store. We enjoyed our invitation to photograph our model on a shopping spree. The experience was a delight.

Opposite page: **Shopping for fresh bread containing no preservatives; cosmetics made from natural fruits and vegetables; an exercise cycle; or raiding the storage refrigerator in the basement is a lot of fun at the world's most luxurious health foods store.** This page, above: **Proprietor Leroy Colbert spends a lot of time in his plush office doing business by phone. From here he can see every part of the store via closed-circuit TV. Our model took some time off to ask Leroy's advice on vitamin pills, while relaxing on the white leather couch that dominates the office.** Right: **Leroy's favorite place is at the cash register—ringing up sales and giving sound advice with a big smile.** (Photos by George Desantis)

The Body In Love

CAN there be anything more beautiful than love—and can love be any less beautiful when it is felt by one man for another?

Why heterosexuals must fear and hate homosexuals cannot be easily comprehended—let alone understood—by anyone who reasons. Homosexuals have experienced untold suffering for centuries. We are a hardy lot. We have survived words and fists. We have learned how to avoid trouble and cope with oppression. We have become masters at being devious in order to escape persecution. We have withstood punishment.

Our fight for human dignity is not over but the battle is easier—because we are at last finding strength in unity and we are making ourselves known . . . and heard. We shall never relent and in the end we will be victorious.

THE BODY AT PLAY

WITH football season about to climax it's only fitting that we feature a player—relaxing in the locker room after a rough game. The sport is a great BODY conditioner, especially for the legs and buttocks—as anyone who has seen a bunch of guys bent over in a huddle will attest.

While football is too strenuous for most guys, sports in general should be played to help keep you in shape. There is a wide choice. But too much activity can be harmful so you've got to know where to draw the line—especially when you consider that scientists have found that having sex is as taxing on the BODY as playing with the 'ole pigskin'.

THE BODY COMES TO TOWN

THE most difficult decision every young guy must make —especially if he is gay—is to leave home. That giant step is made easier if there is someone to help—a friend who has already moved to a big city on whom you can rely for help in getting settled.

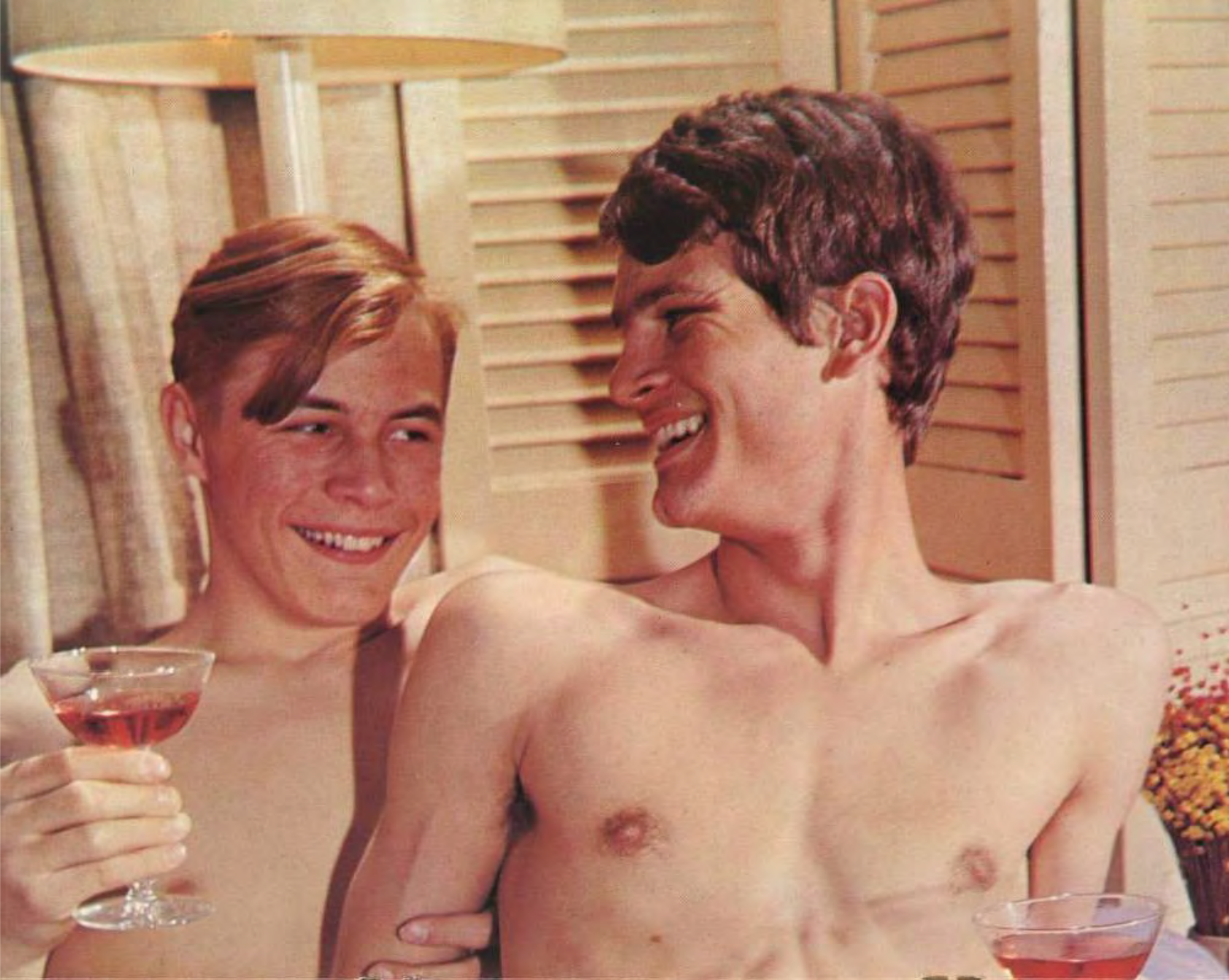
Arriving in town after having lived in a rural area all your life is a thrill—and really beautiful if you're welcomed by an old lover. That's what happened to a guy from Paducah recently, when he moved to New York . . . and **BODY** was there to share the excitement.

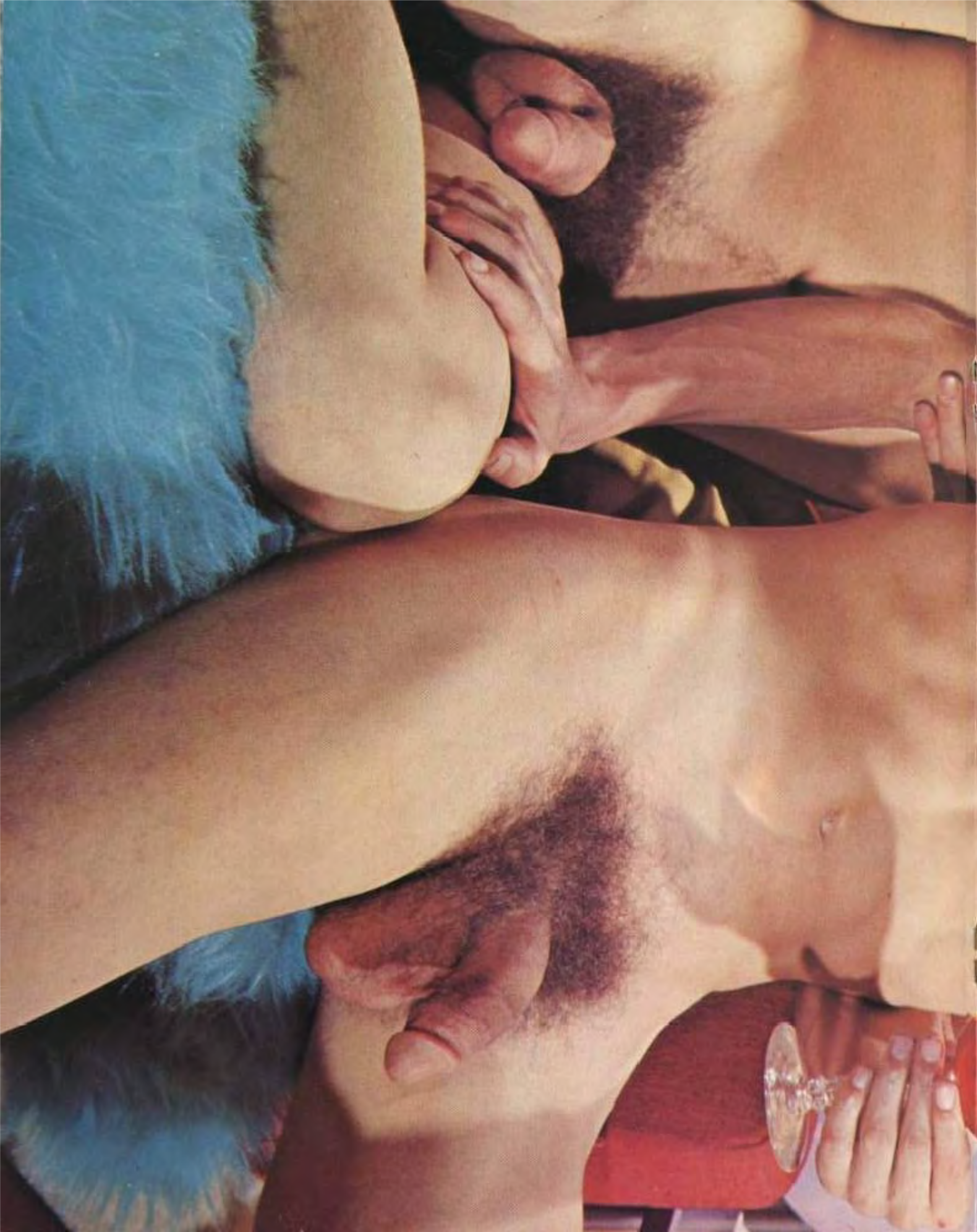
BODY

THE BODY HAS A BIRTHDAY

PERHAPS the happiest birthday of all is a guy's 21st; it opens all kinds of doors—including those hinged to gay bars where drinking age is 21.

There are a lot of ways to usher in another year. Surprise parties. An evening at the theatre with a good friend. A quiet celebration at home with a lover. This month **BODY** shares a birthday party with a couple of beautiful lovers whose world is in each other. We were honored to have been invited in order to record the happy occasion.



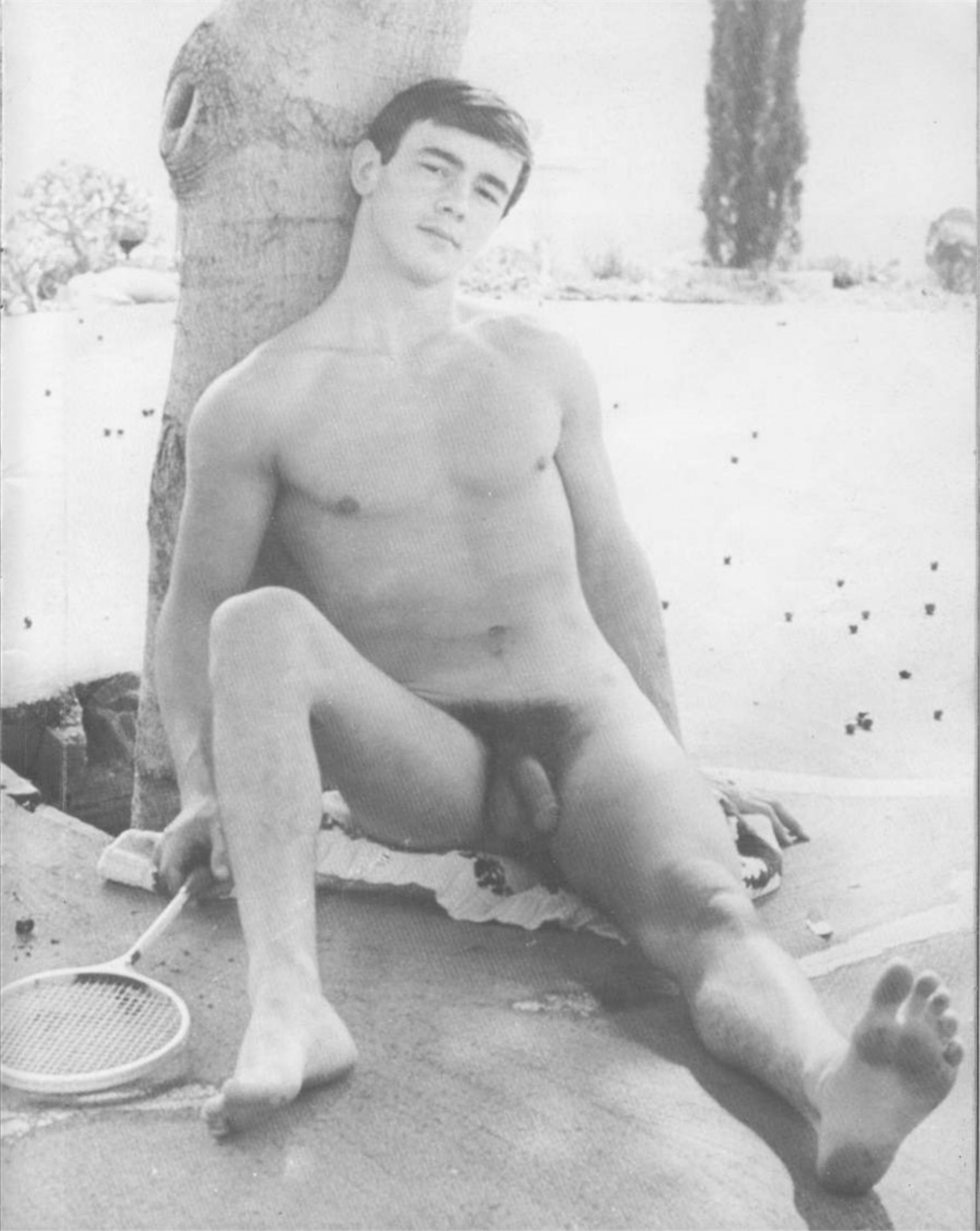


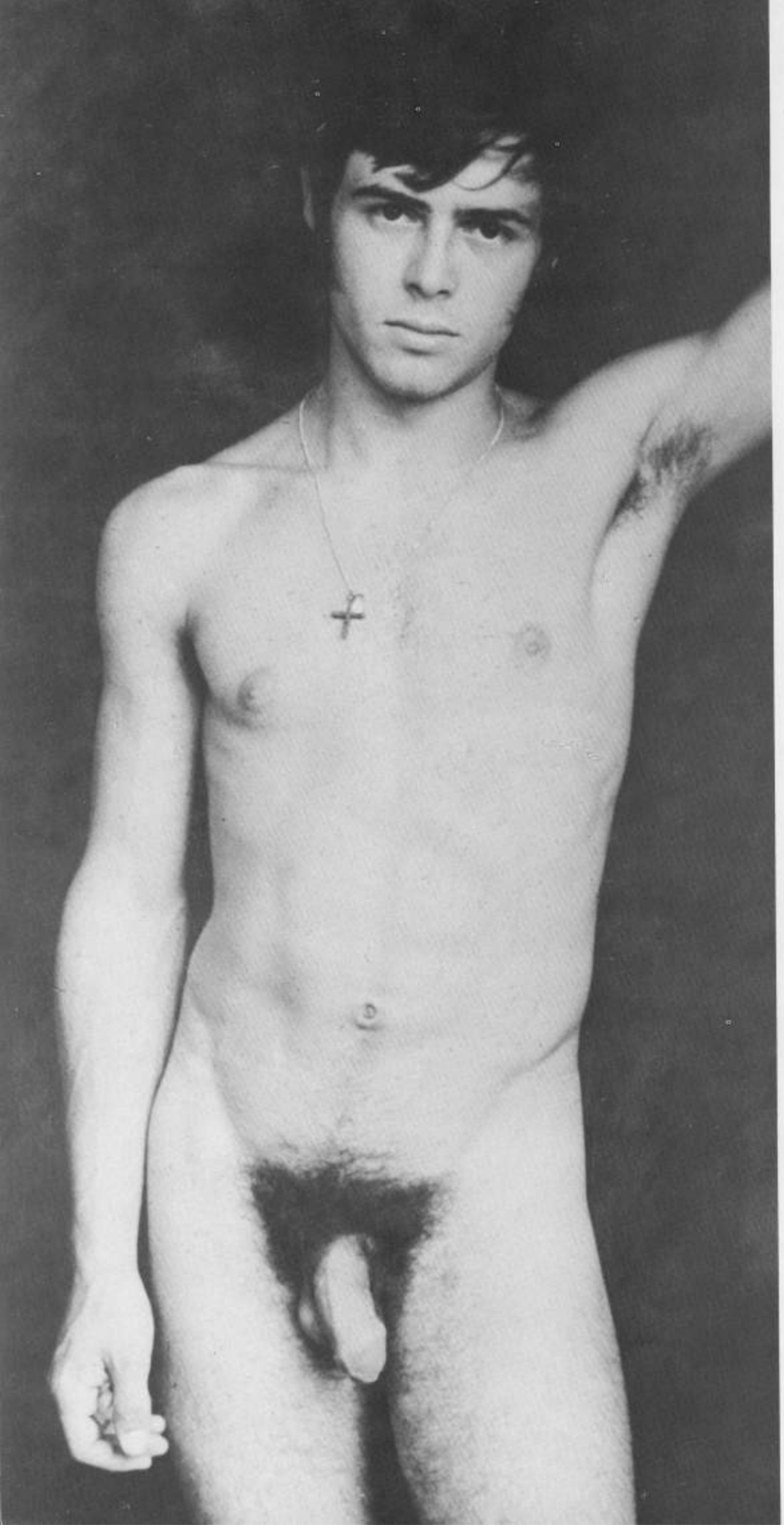
The Body Bare

A lot of gay guys are curious about nudist camps but have never dared to visit one. Others go regularly in order to enjoy sunbathing with people like themselves. It's great for voyeurs and exhibitionists—and gay guys who like the challenge of convincing a straight guy or two that gay is really good.

This month **BODY** visits the Sunshine Beach Club, just north of Tampa in sunny Florida. We thank Assistant Manager Wallace Konrad for our tour and look forward to returning soon.

There are many nudist camps across the country and throughout the world, as well as nude beaches and parks such as San Gregorio just south of San Francisco, Ile de Levant in Cannes, and Sylt Island in Hamburg, but what makes the Sunshine Beach Club so enjoyable is that it is exclusively gay on weekends. Mr. Konrad has assured us that he will send details free of charge to any **BODY** reader who asks. His address is P. O. Box 99, 217 West 18th St., New York, N. Y. 10018.

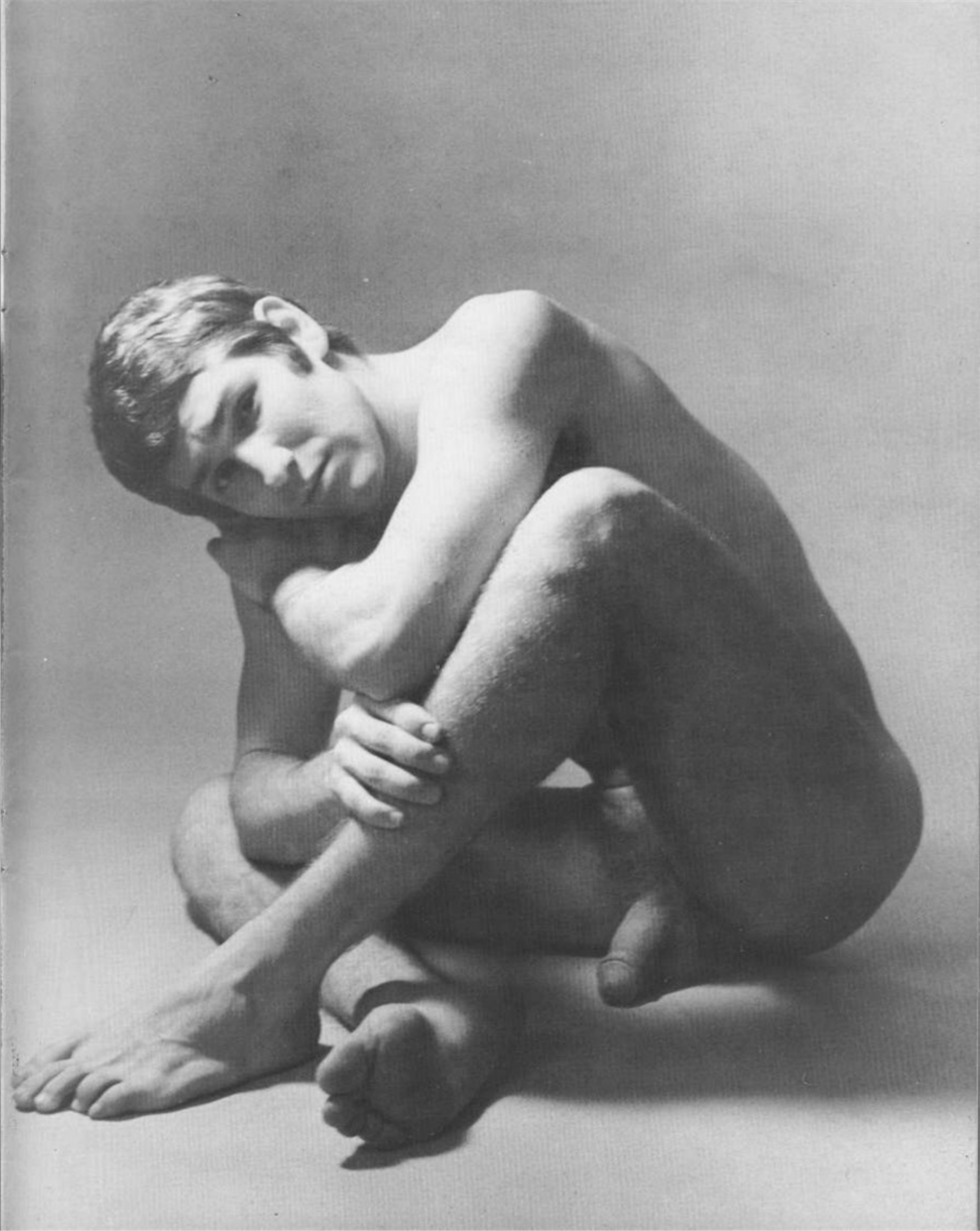


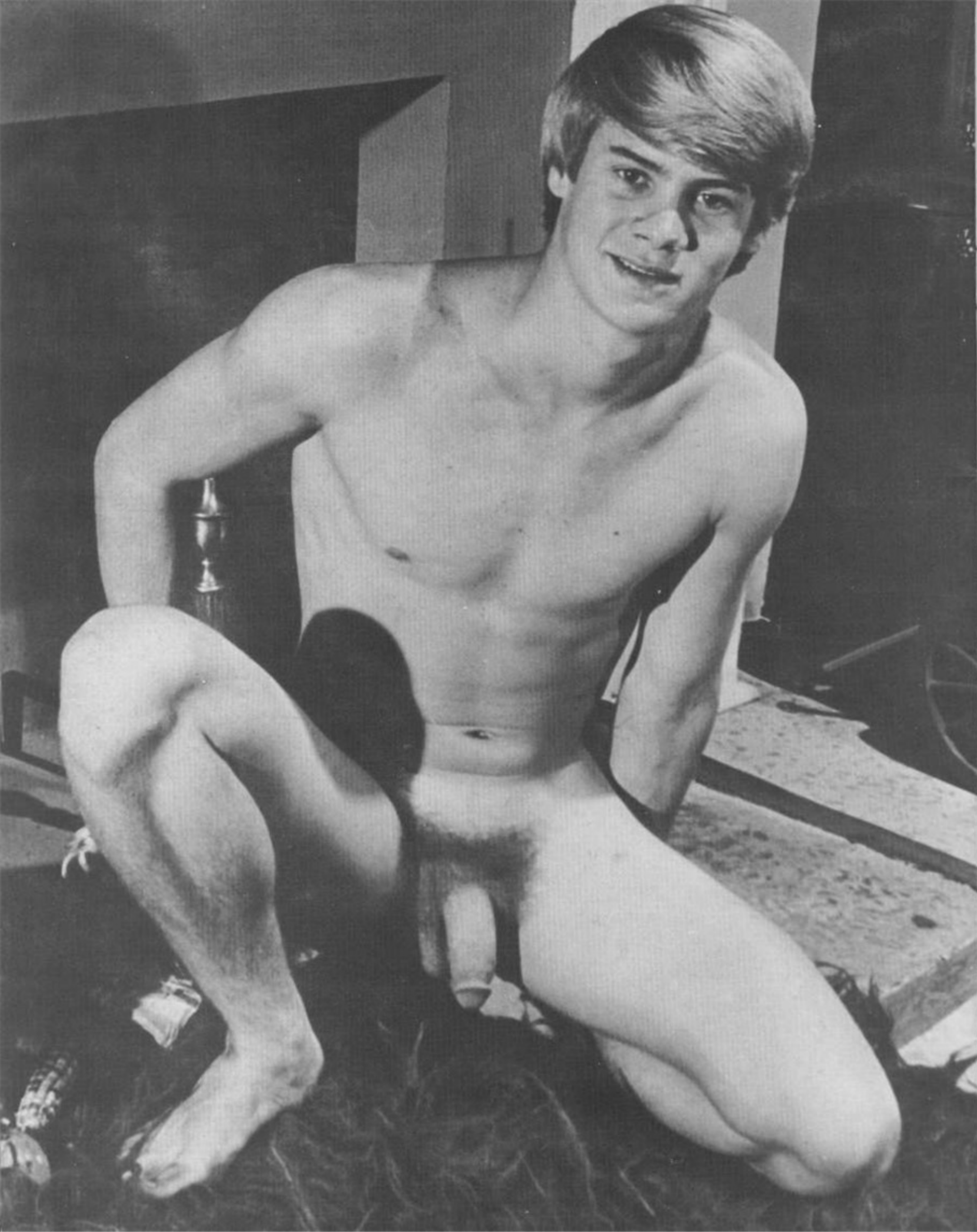


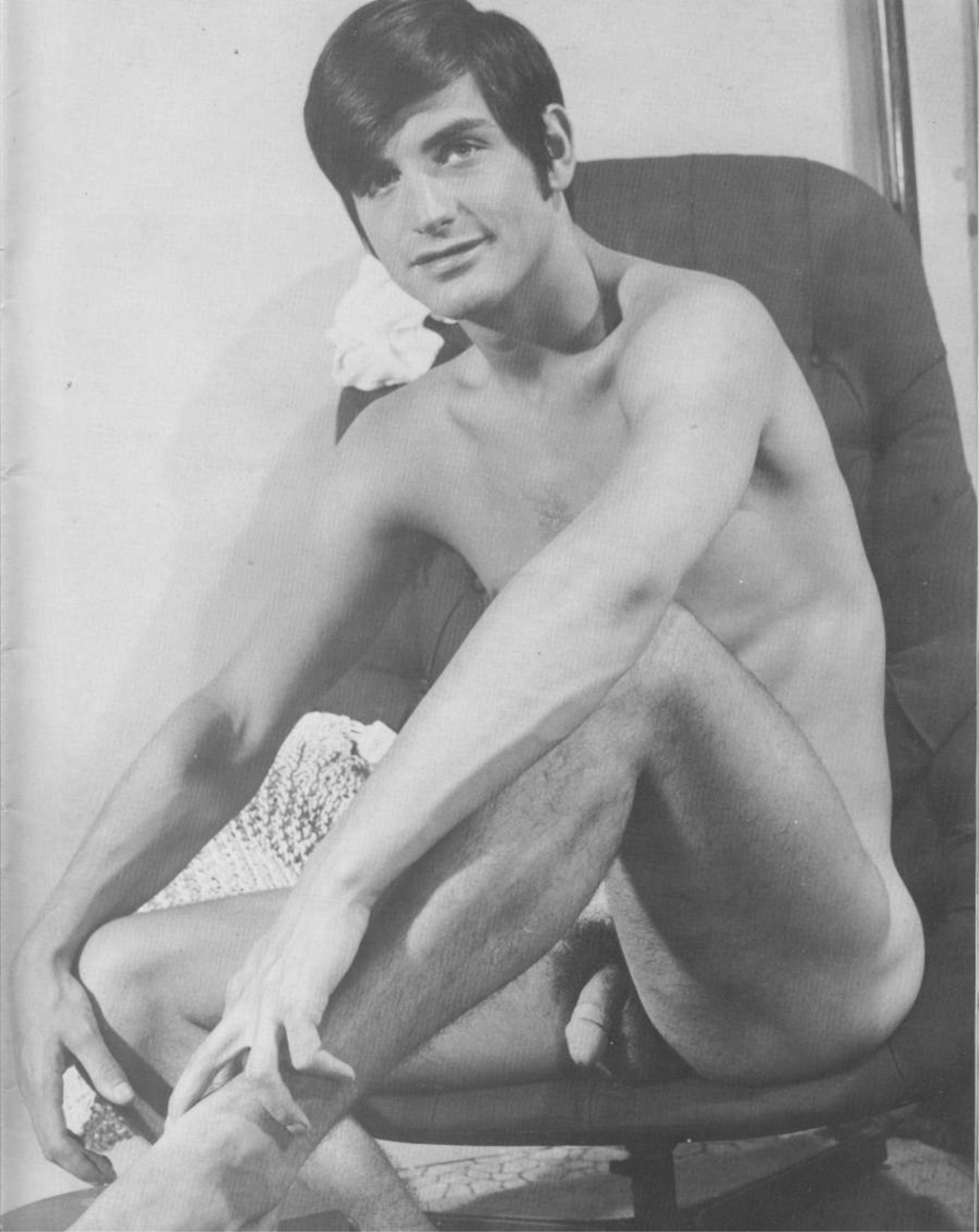
The Body Gallery

DO you like 'em big 'n hairy or small 'n hairless? No matter—**BODY** is bound to please with its gallery of mad mod bods. You may not groove on everyone—but we bet you'll become unglued by at least one of our super studs of the month. Right on.

BODY







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QQ MAGAZINE

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In heavy manila envelopes which are carefully sealed. (Foreign subscribers **must** send $3 more for special handling in order to assure sealed delivery, according to postal regulations.)

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426